



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03198, Babyfood, cereal, with egg yolks, junior

Report Date: June 24, 2017 23:50 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Carbohydrate Factor: 3.9 Fat Factor: 8.8 Protein Factor:4.2 Nitrogen to Protein Conversion Factor:6.03

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 170g
Proximates						
Water	g	88.70	7	0.100	25.15	150.79
Energy	kcal	52	--	--	15	88
Energy	kJ	218	--	--	62	371
Protein	g	1.90	7	0.000	0.54	3.23
Total lipid (fat)	g	1.80	7	0.000	0.51	3.06
Ash	g	0.40	7	0.000	0.11	0.68
Carbohydrate, by difference	g	7.10	--	--	2.01	12.07
Fiber, total dietary	g	0.9	--	--	0.3	1.5
Minerals						
Calcium, Ca	mg	24	7	0.000	7	41
Iron, Fe	mg	0.51	7	0.070	0.14	0.87
Magnesium, Mg	mg	3	1	--	1	5
Phosphorus, P	mg	40	1	--	11	68
Potassium, K	mg	35	1	--	10	60
Sodium, Na	mg	33	--	--	9	56
Zinc, Zn	mg	0.29	1	--	0.08	0.49
Copper, Cu	mg	0.022	--	--	0.006	0.037
Vitamins						
Vitamin C, total ascorbic acid	mg	0.7	7	0.200	0.2	1.2
Thiamin	mg	0.008	7	0.000	0.002	0.014
Riboflavin	mg	0.045	7	0.000	0.013	0.076
Niacin	mg	0.048	7	0.000	0.014	0.082

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 170g
Pantothenic acid	mg	0.878	--	--	0.249	1.493
Vitamin B-6	mg	0.020	7	0.000	0.006	0.034
Folate, total	µg	3	--	--	1	5
Folic acid	µg	0	--	--	0	0
Folate, food	µg	3	--	--	1	5
Folate, DFE	µg	3	--	--	1	5
Vitamin B-12	µg	0.06	1	--	0.02	0.10
Vitamin A, RAE	µg	41	--	--	12	70
Retinol	µg	40	--	--	11	68
Vitamin A, IU	IU	144	6	17.000	41	245
Lipids						
Fatty acids, total saturated	g	0.610	2	--	0.173	1.037
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.010	2	--	0.003	0.017
16:0	g	0.440	2	--	0.125	0.748
18:0	g	0.150	2	--	0.043	0.255
Fatty acids, total monounsaturated	g	0.790	2	--	0.224	1.343
16:1 undifferentiated	g	0.050	2	--	0.014	0.085
18:1 undifferentiated	g	0.740	2	--	0.210	1.258
20:1	g	0.000	2	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.300	2	--	0.085	0.510
18:2 undifferentiated	g	0.260	2	--	0.074	0.442
18:3 undifferentiated	g	0.010	2	--	0.003	0.017
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.030	2	--	0.009	0.051
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 170g
Cholesterol	mg	63	--	--	18	107
Amino Acids						
Tryptophan	g	0.027	--	--	0.008	0.046
Threonine	g	0.082	--	--	0.023	0.139
Isoleucine	g	0.100	--	--	0.028	0.170
Leucine	g	0.172	--	--	0.049	0.292
Lysine	g	0.127	--	--	0.036	0.216
Methionine	g	0.051	--	--	0.014	0.087
Cystine	g	0.028	--	--	0.008	0.048
Phenylalanine	g	0.092	--	--	0.026	0.156
Tyrosine	g	0.084	--	--	0.024	0.143
Valine	g	0.122	--	--	0.035	0.207
Arginine	g	0.104	--	--	0.029	0.177
Histidine	g	0.045	--	--	0.013	0.076
Alanine	g	0.084	--	--	0.024	0.143
Aspartic acid	g	0.149	--	--	0.042	0.253
Glutamic acid	g	0.421	--	--	0.119	0.716
Glycine	g	0.056	--	--	0.016	0.095
Proline	g	0.161	--	--	0.046	0.274
Serine	g	0.118	--	--	0.033	0.201
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0